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I. [illegible]

◆ [illegible]

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[illegible]

[illegible]

[illegible]

II. [illegible] [illegible] [illegible] [illegible] [illegible]

◆ [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	[illegible] [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible])	[illegible] [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible])
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[illegible]	'[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]' [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible]	[illegible]	[illegible]	[illegible]
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III. [illegible]

◆ [illegible] **(AMPA)** [illegible]

[illegible] (NAC, 5-MTHF, methylcobalamin, magnesium glycinate, CoQ10, DHA, UMP, tyrosine) [illegible] [illegible]—[illegible] AMPA [illegible], NGF/BDNF [illegible], [illegible]

[illegible] FDA [illegible] "[illegible]" ([illegible]) [illegible]

III.1 — [illegible]

[illegible]	[illegible]	[illegible]	[illegible]: * [illegible]

			[illegible], [illegible] * [illegible] * [illegible], [illegible] [illegible]: * **Recovery Kernel** * **Naloxone** * **COMT** * **DRD2** * **MTHFR** * **Blueprint** * **findahelpline.com**
[illegible] - [illegible], [illegible]	[illegible]-[illegible] [illegible], [illegible]-[illegible] [illegible]	[illegible] (AMPA) [illegible]	[illegible], [illegible] [illegible]:[illegible] "[illegible]" [illegible] - [illegible], [illegible], [illegible]
Aniracetam - [illegible] (AMPA) [illegible]-	[illegible]-[illegible], [illegible]	[illegible]	[illegible]—AMPA [illegible]—[illegible]

[illegible]	[illegible]	[illegible]	[illegible] (anhedonia) [illegible] 5-HT2A [illegible] AMPA [illegible]
[illegible] - [illegible]	[illegible]	[illegible]	[illegible]
Oxiracetam – [illegible]	1200-2400 [illegible]	[illegible]	[illegible] deficit [illegible] Oxiracetam [illegible] CDP-choline [illegible] acetylcholine [illegible]

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III.2 — □□□□□□□□□ — □□□□□□□□□□□□ □□□□□ □□□□□ □□□□□□□□□□

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Noopept (N-phenylacetyl-L-prolylglycine ethyl ester) □□□□□ □□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□ □□, □□□ □□□ □□□□□□□ □□□□□ 1000 □□□□□ □□□ □□□□□□□□□□ □□□□□□ piracetam □□ □□□□□□□□□ □□□□□ □□□□□ □□□□□-□□□□□□□□□ □□□□□□□□□ □□□ □□□□□ □ □□□□□□□ □□□□□□□□ □□□□□□□□□□ □□□□□ □□□□□□: 1. □□□□□□ AMPA □ NMDA □□□□□□□□□□□ - racetams □□□□□□ □□ □□□□□□□□□ □□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□ 2. □□□□□□□□□□□ NGF (□□□□□ □□□□□□ □□□□□□□□□□) □ BDNF □□□□□□□□□□□ - Noopept □□	

[illegible], [illegible] - [illegible]	[illegible] (acetylcholine) [illegible], [illegible]: 10-30mg [illegible], [illegible] (sublingual administration) [illegible]—[illegible]: [illegible] choline [illegible] ([illegible] CDP-choline [illegible] Alpha-GPC)[illegible] Noopept [illegible] acetylcholine [illegible]; [illegible] choline [illegible], [illegible]

III.3 — [illegible] — [illegible]

[illegible]	[illegible]	[illegible]
[illegible] - [illegible] ACTH-[illegible]	[illegible], [illegible]-[illegible]: BDNF [illegible] NGF [illegible] ([illegible], [illegible] - [illegible])[illegible]	[illegible]: [illegible] BDNF [illegible] ([illegible] BDNF [illegible], [illegible]) [illegible], [illegible] D2 [illegible]-[illegible] mcg [illegible], [illegible]-[illegible] ([illegible] FDA [illegible]) [illegible]
[illegible] - [illegible]-[illegible]	[illegible]: GABA-A	[illegible]

[illegible]	[illegible] ([illegible], [illegible] benzodiazepine [illegible]— [illegible], [illegible]), BDNF [illegible], [illegible] ([illegible]) [illegible] benzodiazepine [illegible], [illegible]	Selank [illegible], [illegible]-[illegible] GHB [illegible], [illegible] benzodiazepine [illegible] Selank [illegible] GABA-A [illegible] GABA [illegible], [illegible] GABA-B [illegible] ([illegible] GHB [illegible]) 250-500mcg [illegible], [illegible]-[illegible] [illegible]

III.4 — [illegible] — [illegible]

[illegible], [illegible] AMPA [illegible] deficit [illegible]: [illegible], [illegible] replenishment [illegible] deficit [illegible] supplement [illegible]—[illegible], [illegible]

[illegible]: * [illegible] * [illegible] * [illegible] * [illegible] * [illegible] * [illegible] * [illegible] * [illegible]	[illegible]	[illegible]
CDP-Choline ([illegible])	[illegible]: [illegible] ([illegible]) [illegible] ([illegible]	250-500mg [illegible], [illegible] CDP-choline [illegible] choline [illegible]

	[illegible] [illegible] [illegible] [illegible] [illegible])[illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] AMPA [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

	[illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (AMPA) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

III.6 — [illegible] — [illegible] [illegible] [illegible]

[illegible] ([illegible] [illegible]) [illegible] [illegible] [illegible]

IV. [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]

◆ [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]	Noopept [illegible] CDP-choline [illegible]	Noopept 10mg [illegible] (sublingual) [illegible] + CDP-choline 250mg[illegible]	[illegible]
[illegible]	[illegible]	[illegible] (BDNF [illegible]) [illegible]	[illegible] PFC (prefrontal cortex) [illegible]
[illegible]	[illegible]: [illegible] Aniracetam[illegible] Phenylpiracetam [illegible] HIIT [illegible]	[illegible]	[illegible]

IV.1 — [illegible]?

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]